



Qoo Qoo IRON WOK

CHINESE CUISINE

訂餐熱線

604.228.0777

● **Free Delivery** with minimum order \$20 before tax, some restriction apply

● **10% OFF** for pick up only. (over \$20 order)

● #255-2083 Alma Street Vancouver (Jericho Village)

● Mon-Fri 11:30 am-2:30 pm 4 pm-10 pm ● Sat, Sun & Holidays 4-10 pm

● Eat in & Take Out



頭盤及湯

Appetizers & Soups

1. 春卷	Crispy Spring Roll (each)	\$1.75
2. 椒鹽雞翼	Garlic Spicy Chicken Wings	\$9.95
3. 蜜汁蒜子雞翼	Honey & Garlic Chicken Wings	\$9.95
4. 咖喱魚蛋	Curry Fish Balls	\$5.95
5. 煎餃子	Gyoza (10 pieces)	\$7.50
6. 風沙雞翼(全翼)	Dry Garlic Chicken Wings (Whole Wings)	\$9.95
7. 椒鹽餃子	Dumpling in Spicy Garlic Pepper	\$7.50
8. 椒鹽雲吞	Wonton in Spicy Garlic Pepper	\$7.50
9. 辣子雲吞	Wonton in Chili Sauce (Spicy Peanut sauce)	\$7.50
10. 雲吞湯	Wonton Soup	\$5.95
11. 窩粟米湯	Wor Wonton Soup	\$8.95
12. 雞首粟米湯	Minced Chicken Corn Soup	\$6.95
13. 酸辣湯	Hot & Sour Soup	\$6.95
14. 海鮮豆腐麵	Minced Seafood with Tofu Soup	\$7.95
15. 雲吞湯麵	Wonton Noodle Soup	\$6.95
16. 炸餃子	Deep Fried Gyoza	\$7.50
	(Sweet & Sour Sauce on side)	

素菜

17. 蒜茸芥蘭	Gai Lan with Garlic	\$10.95
18. 四川四季豆	Szechuan Style String Beans	\$9.95
19. 魔芋四季豆	String Beans in Black Bean Sauce	\$9.95
20. 腰果什菜	Mixed Vegetables with Cashew Nuts	\$9.50
21. 魚香茄子	Eggplant with Chili & Garlic Sauce	\$9.95
22. 咖喱什菜	Mixed Vegetables with Curry Sauce	\$9.95
23. 魔芋什菜	Mixed Vegetables w/ Black Bean Sauce	\$11.50
24. 木須素菜(6塊餅皮)	Mu Shu Vegetable (6 crepes)	\$10.95
25. 馬拉蓋四季豆	Sambal Green Beans	\$10.95

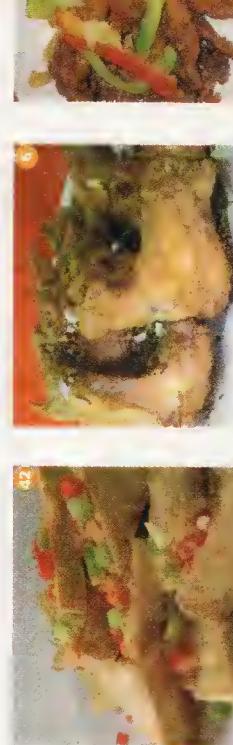
Vegetables

34. 沙爹或咖喱蝦球	P	\$11.95
35. 炸蝦球甜酸汁	D	\$15.50
36. 雪豆蝦球	P	\$12.95
37. 甜酸魚塊	S	\$10.95
38. 椒鹽或粟米魚塊	F	\$10.95
39. 鼎汁或咖喱魚塊	F	\$10.95
40. 四川魚塊	S	\$12.95
41. 馬拉蓋魚塊或蝦球	F	\$10.95

海鮮

26. 四川蝦仁	Szechuan Style Prawns	\$11.95
27. 椒鹽蝦去殼	Fried Garlic Prawns w/Spicy Salt (shell off)	\$15.50
28. 椒鹽蝦帶殼	Fried Garlic Prawns with Spicy Salt (shell on)	
29. 宮保蝦球	Kung Pao Prawns	\$10.95
30. 腰果蝦球	Prawns with Cashew Nuts	\$10.95
31. 百加利帶子蝦球	Prawns and Scallops with Broccoli	\$15.95
32. 椒鹽鮮魷	Fried Squid with Spicy Salt	\$12.95
33. 鼎汁蝦球	Prawns with Black-Bean Sauce	\$10.95

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Wings with Satay or (Spicy) Curry Sauce	\$10.95
•P Fried Prawns	
Beet & Sour Sauce on side)	
Wings with Snow Peas	\$10.95
Beet & Sour Fish Fillet	\$12.95
Fillet with Creamy Corn or Spicy Salt	\$11.95
Fillet with Black-Bean or Curry Sauce	\$11.95
Szechuan Style Fish Fillet	\$11.95
or Prawns with Sambal Sauce	\$11.95

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•P Fried Tofu with Spicy Salt	\$8.95
•P Fried Tofu with Mixed Vegetables	\$9.95
Szechuan Style Tofu	\$9.95
Po Tofu	\$9.95
Beet & Eggplant with Chili Garlic Sauce	\$9.95
Beet & Tofu with Black Bean Sauce	\$9.95
Beet & Tofu with Chicken & Cashew Nuts	\$11.50

ef & Lamb

f Lettuce Wrap	\$12.95
Beet & Fried Beef	\$10.70
f w/Black-Bean or Satay Sauce	\$10.70
f w/ Szechuan Style or Curry Sauce	\$10.70
f w/ Special Peppery Beef	\$10.95
f w/ Snow Peas	\$10.95
f w/ Gai Lan	\$10.95
f w/ Broccoli	\$10.70
f w/ Mixed Vegetables	\$10.70
Beet & Mongolian Beef	\$10.95
f w/ Tomato	\$10.70
Beet & Chili Beef	\$10.70
Beet & Ginger & Green Onion	\$12.95
Beet & Curry Sauce	\$12.95
Szechuan Style Lamb	\$12.95

Hot & Spicy

Iron Wok uses only white chicken
All foods are cooked in zero trans fat canola oil

豬肉

Pork	65. 木須肉(6塊餅皮)	Mu Shu Pork (6 crepes)
	66. 咕嚕肉	Sweet & Sour Boneless Pork
	67. 蜜汁廣子肉或排骨	Honey Garlic Boneless Pork or Fried Pork Chop with Orange Glaze
	68. 香橙豬扒	Fried Pork Chop with Gourmet Orange
	69. 京都豬扒	Garlic & Spicy Pork or Spare Ribs
	70. 椒鹽豬肉或排骨	BBQ Pork with Honey
	71. 椒鹽豬扒	BBQ Pork with Honey
	72. 蜜汁叉燒	Chinese Sausage with Gai Lan
	73. 芥蘭臘腸	

Egg Foo Yong

Egg Foo Yong	74. 招牌芙蓉	House Special Egg Foo Yong
	75. 雞或叉燒芙蓉	Chicken or BBQ Pork Egg Foo Yong
	76. 蘑菇芙蓉	Mushroom Egg Foo Yong
	77. 蝦芙蓉	Shrimp Egg Foo Yong
	78. 素菜芙蓉	Vegetable Egg Foo Yong

芙蓉蛋

Chinese Sausage with Gai Lan

Chicken & Duck

Chicken & Duck	79. 雞肉生菜包	雞肉炒四季豆
	80. 雞肉炒四季豆	Chicken with Green Beans
	81. 四川雞	Szechuan Style Chicken
	82. 黑椒干炒雞	House Special Peppery Chicken
	83. 芝麻雞	Kung Pao Chicken
	84. 宮保雞	Chicken with Cashew Nuts
	85. 腰果雞丁	Chicken & Snow Peas
	86. 雪豆雞	Sambal Chicken
	87. 馬拉盡雞	Chicken with Broccoli
	88. 百加利雞球	Chicken with Black Bean Sauce
	89. 鼎汁雞球	Chicken with Curry Sauce
	90. 咖喱雞球	Sweet & Sour White Chicken
	91. 甜酸雞球	Breaded Almond Chicken Breast
	92. 杏仁酥雞	Breaded Lemon Chicken Breast
	93. 檸檬酥雞	Crispy Chicken (whole)
	94. 炸子雞(全隻)	Crispy Chicken (half)
	95. 炸子雞(半隻)	General Tso's Chicken
	96. 左宗棠雞	Chicken with Mixed Vegetables
	97. 什菜雞	Mu Shu Chicken
	98. 木須雞(6塊餅皮)	Honey Garlic Chicken
	99. 蜜汁蒜子雞	BBQ Duck (half)
	100. 媽媽鴨(半隻)	Garlic & Spicy Chicken
	101. 椒鹽雞	



Hot Pot	102. 薑蔥牛肉煲	Beef with Ginger & Green Onion Hot Pot	\$10.95
	103. 薑蔥雞煲	Boneless Chicken with Ginger & Green Onion Hot Pot	\$10.95
Spare Ribs	104. 八珍豆腐煲	Fried Tofu with Assorted Seafood Hot Pot	\$12.95
	105. 豆腐魚塊煲	Fried Tofu with Fish Fillet Hot Pot	\$11.95
Stew	106. 咸魚雞粒豆腐煲	Salted fish with Diced Chicken & Soft Tofu	\$10.95
	Hot Pot	Hot Pot	\$10.95
Hot Pot	107. 魚香茄子螺球煲	Eggplants with Prawns Hot Pot	\$11.95
炒麵(軟麵)		Chow Mein (soft with bean sprouts)	
	108. 雞絲炒麵	Chicken Chow Mein	\$7.95
	109. 叉燒炒麵	Pork Chow Mein	\$7.95
	110. 牛肉炒麵	Beef Chow Mein	\$7.95
	111. 蘑菇炒麵	Mushroom Chow Mein	\$7.95
	112. 什菜炒麵	Vegetables Chow Mein	\$7.95
	113. 星洲炒米粉	Singapore Style Rice Vermicelli	\$8.50
	114. 上海粗炒麵	Pan Fried Shanghai Noodle with Chicken	
	(雞或牛)	or Beef (spicy / not spicy)	
	115. 干炒牛河	Pan Fried Noodle with Beef	\$8.50
	116. 特式炒麵	House Special Chow Mein	\$8.95
	117. 招牌脆麵	Iron Wok Chow Mein	\$10.95
	118. 豉汁蝦脆麵	Prawns w/Black Bean Sauce Chow Mein	\$10.95
	119. 豉汁雞脆麵	Chicken w/Black Bean Sauce Chow Mein	\$8.95
	120. 沙爹牛肉脆麵	Beef with Satay Sauce Chow Mein	\$8.95
	121. 什菜脆麵	Mixed Vegetables Chow Mein	\$8.95
	122. 叉燒脆麵	BBQ Pork Chow Mein	\$8.95
	123. 咖喱雞或牛脆麵	Curry Chicken or Beef Chow Mein	\$8.95



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Rice 飯

124. 咸魚雞粒炒飯	Salted Fish with Diced Chicken Fried Rice	\$8.95
125. 泰式炒飯	Thai Style Fried Rice	\$8.95
126. 豬或牛或叉燒炒飯	Chicken or Beef or BBQ Pork Fried Rice	\$7.95
127. 蘑菇炒飯	Mushroom Fried Rice	\$7.95
128. 什菜炒飯	Vegetable Fried Rice	\$7.95
129. 四川炒飯	Szechuan Style Fried Rice	\$8.95
130. 招牌炒飯	House Special Fried Rice	\$8.95
131. 楊州炒飯	Shrimp & BBQ Pork Fried Rice	\$8.95
132. 蝦仁炒飯	Shrimp Fried Rice	\$8.95
133. 咖喱雞或牛肉飯	Curry Chicken or Beef on Steamed Rice	\$7.95
134. 四川雞或牛肉飯	Szechuan Style Chicken or Beef on Steamed Rice	\$7.95
135. 沙參雞或牛肉飯	Satay Chicken or Beef on Steamed Rice	\$7.95
136. 鼎汁雞或牛肉飯	Chicken or Beef w/Black Bean Sauce on Steamed Rice	\$7.95
137. 咕嚕肉飯	Sweet & Sour Pork on Steamed Rice	\$7.95
138. 蕃茄牛肉飯	Beef & Tomato on Steamed Rice	\$7.95
139. 鼎汁魚塊飯	Fish w/Black Bean Sauce on Steamed Rice	\$8.50
140. 咖喱魚塊飯	Fish with Curry Sauce on Steamed Rice	\$8.50
141. 四川魚塊飯	Szechuan Style Fish Fillet on Steamed Rice	\$8.50
142. 白飯	Steamed Rice	(S) \$1.75 (L) \$2.50

Side Order

143. Soft Drinks (Can)		\$1.25
144. Sauces		\$1.50
	(Sweet & Sour, Lemon, Honey Garlic, Curry, Homemadde Hot Sauce, Black Bean, Orange)	

Party Tray

(S) = Small Tray = 3 times of regular 8 inches aluminum container	(12 pieces) \$17.50
(L) = Large Tray = 5 times of regular 8 inches aluminum container	
145. Spring Roll	(S) 29.85 (L) 49.75
146. Beef String Bean BBS	(S) 29.85 (L) 49.75
147. Ginger Fried Beef	(S) 29.85 (L) 49.75
148. Szechuan Style Chicken	(S) 29.85 (L) 49.75
149. Szechuan Style Prawn	(S) 47.85 (L) 79.75
150. Tofu Eggplant with Chilli Garlic Sauce	(S) 29.85 (L) 49.75
151. Lamb with Ginger & Green Onion	(S) 38.85 (L) 64.75
152. Chicken Chow Mein	(S) 23.85 (L) 39.75
153. House Special Fried Rice	(S) 26.85 (L) 44.75
154. Deep Fried Prawn	(45 pieces) 32.85 (75 pieces) 54.75
155. Mixed Vegetables with Curry Sauce	(S) 29.85 (L) 49.75
156. Sweet & Sour Boneless Pork	(S) 29.85 (L) 49.75
157. Beef with Mixed Vegetables	(S) 29.85 (L) 49.75
158. Breaded Almond Chicken Breast	(S) 29.85 (L) 49.75
159. Honey / Garlic Pork	(S) 29.85 (L) 49.75
160. Chicken Wings (Honey / Spicy)	(S) 29.85 (L) 49.75



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